

# The Transformative Power of Purpose in the Lives of Youth

*“The Purpose of Life is a Life of Purpose.” -- Byrnes*

# **Victor Frankl in *Man's Search for Meaning* said:**

***“For too long we have been dreaming a dream from which we are now waking up. The dream that if you just improve the socioeconomic status of people, everything will be okay—people will be happy. The truth is that as the struggle for survival has lessened the question has emerged—survival for what? I pity the people who have the means to live and not the meaning.”*** \*University study \*Pleasure/Pain \*Train analogy

**For many youth the pursuit of personal pleasure has become their purpose** \*Buyology

**A. Advertisers exploit our 4 primitive urges creating artificial desires causing more emotional struggles for youth.**

**B. Bombarding youth's senses through overuse of TV, internet, video games, texting, etc., alters brain function, while decreasing concentration, empathy, and intimacy.** Internet video/Siegel's 3Rs/Crazy

**C. Consumerism, materialism, and hedonism rob youth of a meaningful life. "The greater a persons selfishness, the greater their suffering."**

***Self-actualizing people are, without one single exception, involved with a cause outside their own skins, in something outside themselves. They are devoted to something very precious to them. They are working at something that fate has called them to and which they love.”—***

***Abraham Maslow***

**Research shows that youth with an altruistic or other-centered purpose have fewer addictions, much lower rates of depression and suicide gestures, low drop out rates, and increased determination, motivation, and leadership skills resulting in greater success and happiness in life.**

**\*Adler**

**\*tribe in Africa dances**

**Need to help youth wed their talents to the world's needs.**

### **III. Questions to guide youth toward a greater sense of purpose.**

**A. What are my talents, and passionate interests, and how can I align them with service to others? “Curriculum” needs to be aligned with the child’s gifts.**

***“Even if all the needs are satisfied, we may still often if not always expect that a new disconnect and restlessness will soon develop unless the individual is doing what he is fitted for. A musician must make music a writer must write, if he is ultimately to be at peace with himself. This we call self-actualization.” -- Maslow***

***“Everybody is a genius. But, if you judge a fish by its ability to climb a tree, it will spend its whole life thinking it is stupid.”***

**B. Intuition—Youth’s best guide for determining their intrinsic purpose.**

**1. Two types of Intelligence: analytic/logical and intuitive wisdom.**

***Einstein: “I never came to my understanding of the Universe through my rational mind. The intuitive mind is sacred and the rational mind should be its faithful servant.”***

***\*T.S. Elliot pg. 249***

**2. Intuitive insights and guidance from conscience are experienced through a quiet mind. Honoring these allows us to live creatively with a clear purpose. \*Bluejay**

**IV. Exercise to help youth create their own purpose statement.**

**1. Write down everything your good at—your talents, your skills, your gifts. This can include qualities of your personality that you consider strengths. \*talent might be kindness or love of natural world.**



**2. Circle the things on your list that give you joy, that you love to express or love to do.**

**3. Now write at least a one page story of a world that if you had the power to create it, that you would love to live in. What would be in that world? What would it look like? How would you and others act? Enjoy and be creative.**

**4. Now create your purpose statement by taking the things you circled (talents, skills, and strengths), and express in a sentence or two, how you would use those gifts to nudge the world in the direction of the vision you shared in number 3. \*share**

**V. More purpose exercises. \*pg. 260 –Why get up?**

**VI. Final Purpose ? : Who am I? \*cow/Elder/Stroke**

***“Those who learn to live in the now and have a purpose, do not know sadness.”***

